



Beauty & SPA
WELL-BEING TREATMENTS



www.abinea.com

ABINEA's

Beauty and SPA

Magical power from the alpine nature ...

Basis in the Beauty Spa Hotel ABINEA in South Tyrol are alpine natural products with active agents derived from mountain plants and medicinal herbs.

Feel the elemental force of South Tyrolean mountains on your own skin with stones, heys, apples, mountain pine from Val Sarentino, rose hip, chamomile, St. John's wort, juniper, arnica, calendula and alpine herbs.

*Fam. Perathoner
& Team*



TEAM DR JOSEPH

We have found our ideal partner with TEAM DR JOSEPH. Internationally successful and at home in South Tyrol, TEAM DR JOSEPH stands for the principles that also guide our hotel. TEAM DR JOSEPH has made it a mission to respect nature in its purity and diversity, to capture it carefully, and to reflect it in sustainable and effective quality products. A sense of responsibility and respect for natural resources is both a concern and commitment that we share with TEAM DR JOSEPH.

TEAM DR JOSEPH embodies unparalleled quality and efficacy since 1986 and promises result-driven, natural, and sustainable skincare. The organic-certified, award-winning products follow a holistic approach and contain active ingredient combinations from different plants that are refined with high-tech processes to guarantee the best results for the skin. For more than three decades, TEAM DR JOSEPH has been developing holistic treatment concepts that focus on the skin's individual needs. Their facial and body treatments feature fascia massage techniques and special tools such as flower stamps or mouth-blown jars for biodynamic cupping. The climate- and plastic-neutral family business's commitment to quality and effect is always linked to a responsible approach to nature and its resources.

The treatments include: Cleansing, skin diagnosis, scrub, serum, mask and daily care. The special highlights of this treatment are:

- A moist, warm herbal steam compress makes the skin receptive to the treatment. It is the ideal way to prepare for the treatment, with its intensive active ingredients.
- A gentle lymph massage strengthens the subcutaneous tissue.
- A deep cleansing with cupping glasses provides the most careful method for the maximum effect.



TEAM D^R JOSEPH

Face treatments TEAM DR JOSEPH

1. Intense Purifying Face Treatment

This facial treatment is ideal for all skin types and offers intensive deep cleansing to purify your skin in depth without stripping it of moisture or natural oils. Pores appear refined, the tissue is purified and the skin is ideally prepared for active ingredient care. Experience deep cleansing of the skin for a visibly fresh, purified and even complexion.

approx. 50 min.

€ 82,00

2. Cellular Recreation Face Treatment

Natural active ingredient care with an immediate effect for a radiant complexion and healthy, intensively nourished skin. This deep-acting facial treatment with modulated facial massage is tailored to the individual needs of your skin and offers visible results. Highly effective, natural active ingredient care for healthy and intensively cared for skin.

approx. 80 min.

€ 132,00

3. Advanced Bio Lifting Face Treatment

This facial treatment is ideal for all skin types and offers intensive deep cleansing to purify your skin in depth without stripping it of moisture or natural oils. Pores appear refined, the tissue is purified and the skin is ideally prepared for active ingredient care. Experience deep cleansing of the skin for a visibly fresh, purified and even complexion.

approx. 110 min.

€ 181,00

4. Express Power Lift for Men

Natural high-tech power for men for an improved and clear complexion. This facial is the ultimate pampering program specifically for men that is fast and effective. Experience deep cleansing, refined pores and an improved complexion in the shortest amount of time – without compromising on well-being and results.

approx. 50 min.

€ 82,00

5. Ultrasonic Facial Lift

This facial treatment with ultrasound provides a rejuvenated and flawless appearance. The innovative procedure safely brings the natural active ingredients into deeper layers of the skin with the help of ultrasound frequencies so that the potential of the active ingredients can fully develop and the skin is strengthened in depth. The effect of the ultrasound frequencies is immediately evident in visibly smoother and firmer skin.

In order to maintain the effect for as long as possible, we recommend booking the treatments as a package (before Intense Purifying Face Treatment).

approx. 50 min.

€ 98,00



6. Supreme Ultrasonic Facial Lift

The royal class of ultrasound lifting! This premium intensive treatment uses a completely new procedure to make the face appear plumper, fresher and youthfully firm. Thanks to the ultrasound frequencies, the natural active ingredients are safely brought to deeper layers of the skin. This allows the potential of the active ingredients to unfold better and strengthen the skin in depth.

In order to maintain the effect for as long as possible, we recommend booking the treatments as a package (before Intense Purifying Face Treatment).

approx. 80 min.

€ 139,00



Peelings TEAM DR JOSEPH

Body Scrub with Hay Extract Full Body Scrub with Meadow Flowers and Apricot Kernels

The deep detox Alpine Herbs Exfoliating Body Scrub cleanses the skin with gentle apricot kernel crystals, helps to stimulate the microcirculation and makes the skin appear clearer and brighter. The peeling prepares the skin perfectly for the following functional ingredients.

approx. 25 min.

€ 45,00

Aroma Salt Body Scrub Full Body Aroma Salt Scrub

The Dead Sea is the lowest point on earth, 394 meters below sea level. It is a salt lake located between Jordan and Israel. Due to the lack of streams of water and strong evaporation, its waters have a very high salinity, 10 times higher than that of other seas. Dead Sea Salts and Minerals help stimulate and invigorate the natural skin degenerative process. Ideal for relaxing the body.

approx. 25 min.

€ 45,00

Linen Glove Dry Body Scrub Full Body Detox Linen Glove Dry Scrub

This activating full body peeling with a raw linen glove and potent essences improves blood and lymph circulation and supports the metabolism. It has a cleansing effect for a clear and radiant complexion, new energy and a strong body feeling!

approx. 25 min.

€ 45,00

Coffee Toning Full Body Scrub and Firming Cellulite Cream

Body scrub with coffee powder, Phyto-squalane, and pink pepper, ideal for cellulite and loss of elasticity for firm, toned contours, and velvety soft skin. The coffee powder gently removes dead skin cells and can support the skin's blood circulation. On contact with water, the peeling transforms into a gentle lotion that washes off easily and leaves the skin feeling incredibly soft and firm.

Effective body cream with pink pepper, coffee and ivy extract for a noticeable improvement in skin tone, texture and firmness. Ideal for counteracting the appearance of cellulite and for leaving skin feeling firm and toned.

approx. 50 min.

€ 98,00

Packs

TEAM DR JOSEPH

Detoxifying Alpine Fango Body Wrap Detoxifying Bath with Alpine Mud

The invigorating and detoxifying properties of the alpine fango are often used in detox treatments. The magnificent alpine scent is responsible for his unique character.

approx. 25 min. € 48,00
with massage approx. 50 min. € 81,00

Skin Repair Anti Aging Body Wrap Grapes & Sea Buckthorn

Intensive Anti Aging Body Cream for a youthful radiance and a unique skin feel. Super-antioxidants ensure ideal protection, the first-class extracts from the wine grape, the sea buckthorn and the baobab ensure a firm and smooth skin feel.

approx. 25 min. € 48,00
with massage approx. 50 min. € 81,00

Calming Body Wrap Marigold & Chamomile

Gently soothing and balancing body cream for ideal protection of your skin. The selective extracts of the real chamomile and marigold treats the skin intensively and ensures a wonderful skin care.

approx. 25 min. € 48,00
with massage approx. 50 min. € 81,00

Sport & Vitality Body Wrap Arnica & St. John's Wort

Intensive sports body cream for an extra of vitality & strength. The combination of pure arnica extract and St. John's wort helps to relieve tension and stimulates muscular fitness.

approx. 25 min. € 48,00
with massage approx. 50 min. € 81,00

Firming Algae Cellulite Treatment Algae

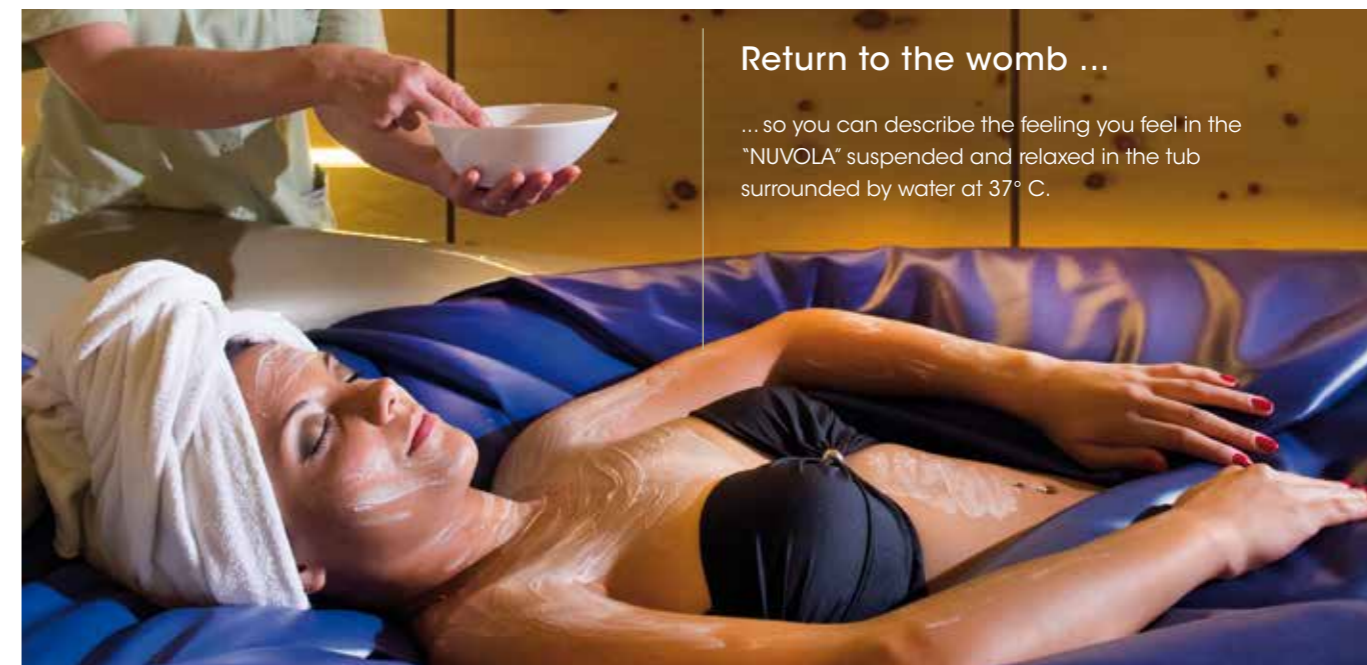
Algae are often used in treatments against cellulite and are very popular all over the world for their detoxifying, toning and strengthening effects.

approx. 25 min. € 48,00
with massage approx. 50 min. € 81,00

Moisturizing Body Wrap Apple & Rose Hips

Pamper your skin with a fruity and sensual beauty bath. Apple extract is rich in vitamins, minerals, pectin, and waxes – the perfect active ingredients to care for demanding skin. In combination with precious rose hips, it considerably improves the skin's well-being and significantly reduces drying. Your skin will appear smoother and more supple.

approx. 25 min. € 48,00
with massage approx. 50 min. € 81,00



Return to the womb ...

... so you can describe the feeling you feel in the "NUVOLA" suspended and relaxed in the tub surrounded by water at 37° C.

Massage Highlights

TEAM DR JOSEPH

Energizing Herbal Stamp Power Treatment

Herbal Pouches Massage – natural Power of Herbs

This herbal pouches massage is a powerful and intensive full-body treatment with precious natural oils, select herbal blends and unique combinations of active components. The herbal stamps are patted over your body intensively, with gentle pressure. This stimulating technique and the herbs used help to relieve stress, while the finest aroma massage oils bring you vitality. Start off balanced and full of energy!

approx. 50 min. € 80,00

Deep Relax Stone Massage Hot Stone Massage & Deep Relaxation

At the beginning of this relaxing stone massage, the energy centers of the body are stimulated with pleasantly warmed basalt stones. The gentle massage that follows, with efficient essential Chakra oils, stimulates lymph activity and the body's detoxification processes. Enjoy exceptionally deep heat and fragrant aroma oils in this stone massage – primal power for your body and soul.

approx. 50 min. € 80,00

Relaxing Head & Neck Massage

This unique treatment method with an extraordinary massage and precisely effective plant extracts smoothly releases tensions in the head, neck and shoulder area. Deep contact and a modulated individual treatment technique ensure a pleasant relaxation and a switch off from the stress of everyday life. The microcirculation is stimulated, vessels, sense organs and nerves are strengthened.

approx. 50 min. € 80,00

Dynamic Recreation Back Massage Back Massage intensiv

A reconstructive back treatment with highly effective natural active ingredients and a massage individually tailored to you. Singing bowls and cupping glasses relieve tension in the back muscles and improve the dynamics of the spine. Lasting relaxation for your back. Free yourself of stress and blockages. Stand up straight!

approx. 50 min. € 80,00

Massages

Sport Body Massage (vitalising)

Especially designed to relieve tension after sporting activities and provide maximum support for muscle regeneration. The perfect option for active people.

approx. 50 min. € 75,00

Full Body Massage (activating)

This entire body massage has a beneficial effect on the whole body. Contracted muscles are loosened and the blood flow is enhanced – the best way to rest and relax.

approx. 50 min. € 75,00

Hawaii Massage – Coconut Oil

Aphrodisiac and moisturizing massage with biological coconut oil.

approx. 50 min. € 75,00

Lymph Stimulating Massage

This kind of massage stimulates the lymph flow and offers profound relaxation. The effect will be enhanced if you previously enjoy an algae pack.

approx. 50 min. € 75,00

Full Body Massage (relaxing)

Antistress – relaxation massage with mediterranean biological orange oil. Let yourself be spoiled by this relaxing massage with essential oils.

approx. 50 min. € 75,00

Massage with Mountain Pines Oil

This wonderful massage with a scent of the forest stimulates circulation, strengthens, purifies and detoxifies the body.

approx. 50 min. € 75,00

Massage with Marmot Ointment

Pain and muscle ailments are alleviated immediately especially recommended after physical exertion

approx. 50 min. € 75,00

Massage with Wild Rose-Juniper Balm

The eatable wild rose and juniper extracts provide your body with relaxation and new strength. A truly rich and caring massage.

approx. 50 min. € 75,00

Hot Roll for the Back

Ideal for back pains: first the warmth loosens the muscles; the following massage loosens all contractions.

approx. 25 min. € 48,00

Massage with Arnica – St. John’s Wort Balm

This alpine massage provides tired joints and muscles with new strength. Arnica and St. John’s Wort are not only balm for the soul, but also regenerate and revitalise the entire body.

approx. 50 min. € 75,00

Body Part Massage

approx. 25 min. € 48,00



Foot & Leg Massage

Dynamic Feet & Legs Massage – fresh lightness

Do you spend the whole day on your feet? Pamper yourself with a deep earthy leg massage that loosens the tissue, brings back the blood circulation and makes the head clear. For healthy, recovered, and relaxed feet & legs and a deep mental fitness.

approx. 50 min. € 75,00

Our beauty team recommends: Foot Gel

Original pinus sarentensis foot-gel from “Treh’s” has revitalizing properties to alleviate tiredness after walks, for sports and also to combat cramps. Thanks to its regenerating effect, you will be able to keep going for longer.

100 ml € 20,00

Available at the reception



Our beauty team recommends:

Marmot Ointment 100 ml € 18,00

Wild Rose – Juniper Balm 50 ml € 24,00

Arnica – St. John’s Wort Balm 50 ml € 24,00

Available at the reception

Get Your Dream Body

Straightforward Body Modification – Innovative Cellulite Program

Experience a unique and effective cellulite treatment: cupping treatment in combination with efficient natural ingredients for a long-term and visible alleviation of the signs of cellulite. Unique features of this treatment include an activating foot bath, an invigorating body exfoliation, a stimulating cupping treatment and a modulated cellulite massage. To reinforce the effects, we recommend that you combine the cellulite program with a seaweed bath for extra hydration and metabolic activation. The very definition of full-body care!

approx . 50 min.
with a Algae pack approx. 75 min.

€ 75,00
€ 105,00



Soap Brush Massage



The origin of the soap brush massage is in the orient. The massage is performed on the heated bed. With 2 large soft brush and with foaming soap on superfluous, to remove dead skin cells. The skin circulation strengthens, rejuvenates the skin and purified. Dirt, sebum and impurities be rubbed off and a fresh, smooth skin layer light out. The massage is ideal preparation for recommended subsequent body wraps for perfect draining anti cellulite program.

Application Soap Brush Massage

approx. 25 min.

€ 48,00

Soap Brush Massage with Body Pack in the Float Tub

After the soap brush massage will be applied a high-quality body pack which nourishes the skin and has a purifying effect.

approx. 50 min.

€ 75,00

Hay Bath



Hay baths have been successfully applied for more than one hundred years. These baths have a detoxifying and purifying effect, they are revitalising and balancing, and improve the overall wellbeing. Sweating in the hay strengthens the immune system and stimulates the metabolism. Furthermore, the hay flowers also provide great skin care. Scientific studies particularly point out the positive effect of a 7 to 9-time hay spa treatment for arthrosis, sciatica, rheumatism, sleep disorders, indigestion, mental and physical exhaustion, lasting 8 to 10 months.

Romantic Hay Bath for 2 Persons

approx. 25 min. € 75,00

Hay Bath for 1 Person

approx. 25 min. € 50,00

Romantic Hay Bath and Partial Massage for 2 Persons

approx. 50 min. € 135,00

Hay Bath and Partial Massage for 1 Person

approx. 50 min. € 80,00

Rasul Bath in Privat SPA

with round cromotherapy infinity whirlpool included



Rediscover the essence of beauty in the harmony between body, mind and soul, through fragrances and rituals in a romantic surrounding. Special kinds of mud are applied all over the body. The steam bath is filled with wonderfully smelling steam. The skin is cleansed and peeled.

Process:

With the steam wave the room slowly warms up, at the same time the air humidity increases. A fragrance starts to fill the room, coming from the steam filled herbs fixed on the oven grate. The muds previously applied to your body turn moist again, causing a pleasant prickling feeling on your skin. Almost naturally you start rubbing the mud on your skin, thus removing crusted lotion and partly dead skin cells from the upper hard skin.

The Rasul bath is a wellness ceremony combining a whole body peeling with a steam bath.

1 hour 1 Person with 1 glass of prosecco € 80,00
1 hour 2 Persons with 2 glasses of prosecco € 120,00

Romantic Private SPA

Spending time together in the romantic Private SPA

Enjoy memorable hours in our ROMANTIC PRIVATE SPA all to yourself. For your special moments of relaxation and regeneration together we offer a round whirlpool, a steam cabin with aroma therapy, a Kneipp feet bath, a special shower and a cozy bed.

**For 2 Persons including
2 glasses of Prosecco**

1 hour
2 hours

€ 100,00
€ 150,00

**Additional
Treatments**

Body Part Massage per Person
approx. 25 min.

€ 48,00

Peeling per Person
approx. 25 min.

€ 45,00



Romantic Salt Cave

Relax Moment in the love cave for 2 Persons

**Privat Salt Whirlpool in Salt
Cave for 2 Persons**

Whirlpool with saline water and chromotherapy for romantic moments for two; with a candle light toast. For 2 persons including 2 glasses of Prosecco (booked from 8 am to 11 am).

1 hour
2 hours

€ 100,00
€ 150,00



Couple Packages

YOU AND ME

- Soap brush massage per Person
- Chocolate pack per Person
- Romantic hay bath for 2 Persons

For 2 Persons
Duration **€ 250,00**
approx. 75 minutes

ROMANTIC PACKAGE

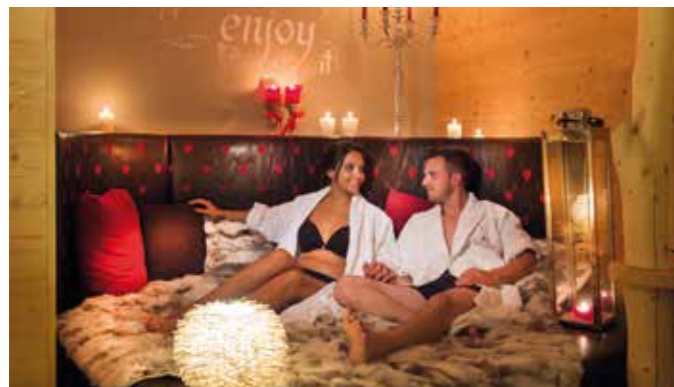
- 1 Rasul bath for 2 Persons
- 2 full body relaxing massages
- 2 glasses of prosecco

For 2 Persons
Duration **€ 230,00**
approx. 2 hours

I LOVE YOU

2 Sweet Hours for 2 in the Private Spa with aphrodisiac rose oil for a sensual massage, soap foam for the hammam ritual in the steam sauna and our Love Bar with a bottle of apple prosecco for a toast in the whirlpool.

For 2 Persons
Duration **€ 180,00**
approx. 2 hours



Relax Packages

Silky Skin

- 1 maritime salt peeling
- 1 algae purifying pack
- 1 lymph stimulating massage

Duration approx. 100 min **€ 150,00**

Total Relax

- 1 relaxing full-body massage
- 1 facial massage
- 1 foot massage

Duration approx. 100 min **€ 150,00**

Sports Package

- 1 Sport & Vitality Pack
- 1 sports massage legs
- 1 sports massage back

Duration approx. 75 min **€ 130,00**

Wellness for him

- 1 back massage
- 1 small facial care
- 1 pedicure

Duration approx. 100 min **€ 130,00**



Depilation



Whole leg € 40,00

Half leg € 28,00

Bikini area € 20,00

Armpits € 20,00

Upper lip € 12,00

Arms € 20,00

Back € 30,00

Breast € 25,00

Manicure & Pedicure Estetic



Pedicure - Estetic

with nail polish approx. 55 min. € 55,00
without nail polish approx. 50 min. € 50,00
with UV gel polish approx. 70 min. € 65,00

Manicure - Estetic

with nail polish approx. 55 min. € 55,00
without nail polish approx. 50 min. € 50,00
with UV gel polish approx. 70 min. € 65,00

Eyebrows & Eyelashes

Correction of Eyebrows
approx. 15 min. € 25,00

Colouring of Eyebrows
approx. 15 min. € 25,00

Correction / Colouring
of Eyebrows
approx. 20 min. € 35,00

Colouring Eyelashes
approx. 15 min. € 25,00

Correction / Colouring
of Eyebrows and Eyelashes
approx. 30 min. € 45,00

Kids SPA

Gentle Oil Massage

Gentle children massage, they learn to relax, to concentrate better and to be more attentive.

approx. 25 min.

€ 40,00

Facial Cleansing "teen"

To be free of impurities and to have a clear skin.

approx. 50 min.

€ 65,00

Princess

A dream of every girl to feel like a princess for a day. Paint nails with face massage and the dream comes true.

approx. 25 min.

€ 40,00



General Information

To guarantee the preferred appointments we recommend to book the treatments with the room reservation. You are welcome to **book** by phone (+39 0471 707 237), email info@abinea.com or in person at the front desk.

Please **arrive** at the beauty reception roughly 5 minutes before your appointment in a bathrobe.

If you are **unable to arrive** on time for your appointment, we hope that you understand that the treatment time cannot be extended.

Please let us know about your **health doubts**, illnesses and pregnancy before the reservation of an treatment – we are not liable for any subsequent reactions!

Here can always be something in between. So that we can still organize our schedule as best we can, we ask you to inform us of your **cancellation** at least one day in advance. In the event of a short-term cancellation or no-show on the booked appointment, we allow ourselves to charge the full treatment price.

With pleasure you can add the cost of your treatments on your hotel bill, or you can pay directly at the hotel reception.

Our ABINEA **sauna & relaxation area** is a quiet area. We ask you to behave quietly and respectfully and we have a phone ban.

Children under 14 are not admitted.

For reasons of hygiene as well as your **personal wellbeing**, please use the saunas without clothing. In the "dry" saunas it is obligatory to put a towel under the body.



Opening hours of our Spa area

Beauty & Massages:

in the morning on request and in the afternoon from 1 pm until 8 pm

Swimming pool 1st floor: 7 am–8 pm

Sauna & Relax 1st floor*: 12 pm–8 pm (On Saturday, Sunday and bad weather days from 11 am)

Sky Pool 5th floor:

Winter: 12 pm–8 pm

Summer: 8 am–8 pm

Panoramic sauna 5th floor*: 1 pm–8 pm

*from 14 years

SPA | Beauty | Sauna

- | | | | |
|-----|--------------------------------------|----|--|
| 1 | SPA entrance 1st floor | 21 | Vital swiss pine sauna |
| 2 | Mani- & Pedicure | 22 | Bio hay sauna |
| 3-5 | Massage & Beauty | 23 | Private Spa |
| 6+7 | Sunroom with relaxation beds | 24 | Floating water tube for body packs |
| 8 | Waiting corner beauty & massage | 25 | Wet massage beds |
| 9 | Beauty reception | 26 | Entrance vitarium alpinum |
| 10 | Solarium | 27 | Massage room |
| 11 | Dolomiti Pool | 28 | Relaxation room with relax beds |
| 12 | Whirl massage bed | 29 | Foot whirl bath |
| 13 | Locker | 30 | Partner hay bath in the hay barn |
| 14 | Entrance sauna & relax | 31 | 4 senses water beds |
| 15 | Relaxation zone | 32 | Water fall with rain shower |
| 16 | Relaxation room | 33 | Pine-rock-sauna |
| 17 | Salt cave with jacuzzi | 34 | Infrared cabin |
| 18 | Scold room with crushed ice fountain | 35 | Drinking fountain |
| 19 | Kneipp parcour | 36 | 360° Infinity Outdoor
Panorama Sky Pool |
| 20 | Mountain crystal steam bath | | |





ABINEA Dolomiti Romantic & SPA Hotel ****

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